

Community Garden News

City of Loma Linda

January 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



Seasonal Produce

- Brussels Sprouts
- Chayote Squash
- Cherimoya (fruit: tastes like a blend of pineapple and banana)
- Orange
- Pear
- Pumpkin
- Sweet Potato
- Tangerine



**Happy
New
Year !**

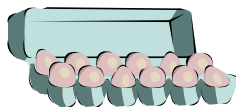
Prepare For Seed Starting

BY ARZEENA HAMIR

How do you satisfy the gardening itch in the middle of winter? Easily! Start plants from seed. Now is a great time to get a jumpstart on the gardening season. Just a little preparation will help ensure your seed starting success. Here is some of the equipment you'll need:

Containers

Almost any type of container can be used to start your seedlings in, as long as it can hold moisture and is sturdy enough to handle a wet potting mix. Gardeners have always recycled yogurt & cottage cheese containers, milk cartons, & even egg cartons. Whatever container you use, make sure that it has a hole through which excess water can drain or is porous and will eventually drain. Any sitting water at the bottom of a container can rob growing roots of oxygen and encourage fungal diseases.



Soil Mix

One of the most important factors when starting your seedlings is choosing your potting mix. I recommend soil-less mixes to beginner gardeners but I, myself, have started to add compost and worm casts to my own mix.

Light

Have you ever tried starting seeds inside on a windowsill and found that they grew spindly and kept falling over? Early spring light just doesn't have the intensity and duration that young seedlings need, forcing them to stretch for more and more light. Most seedlings require 12-14 hours of direct light in order to keep them short and stocky and producing healthy leaves. Therefore, artificial lights are required early in the season.



Seeds

Last but not least, gather your seeds together and select what you're going to grow this year and how much of each variety. If you have left over seed from previous seasons and are not sure if the seed is still viable, do a quick & easy germination test between a moist paper towel to see if the seeds sprout. Plant any seeds that do germinate and discard any mold. If you are itching to do some kind of gardening now, you can start the following types of seed indoors near the end of January/early February.



- Celery
- Celeriac
- Leeks
- Giant Onion

Community Garden News
is printed by the
City of Loma Linda



EDITOR: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Demera Finnegan

Ideas and submissions
are welcome. Contact
Demera Finnegan at:
dfinnegan@lomalinda-ca.gov
Or Joanne Heilman at:
jheilman@lomalinda-ca.gov
(909) 799-2810

www.lomalinda-ca.gov



Soba Noodles

Nutty soba noodles are as
versatile as they are
nutritious. Made of
buckwheat flour, they can be
eaten Japanese-style or
tossed with any combination
of meat, seafood, and
vegetables to make a
satisfying cold noodle salad.



NURITION FACTS

2 oz (dry):
Calories: 206
Protein: 8 g
Carbohydrate: 39 g
Total Fat: 1.5 g
Fiber: 2 g

Warm up this season with a Tea Garden

Now is the season to bring out a good book, a cozy blanket, and a piping hot cup of tea. The ancient tradition of tea cultivation and drinking has been living on strong for over 2000 years. Tea drinking has been associated with such traditional health benefits as being able to lower blood pressure, aid digestion, cool the body from excessive 'heat' (a condition believed to cause many ailments) in the body. Modern science confirms that tea indeed seems to contain many antioxidants which may help prevent cancer. Other findings suggest that tea may help improve bone density, strengthen teeth, lower cholesterol and blood sugar, eradicate toxins from the blood stream, as well as cleanse the plaque deposits in the arteries.

Many garden herbs make excellent teas. Most of these plants prefer full sun and well-drained soil (in hot climates, give mint some shade). Buy plants in 3-inch pots. Garden varieties that can be grown in our climate zone include:



Anise hyssop... A member of the mint family that has a light licorice flavor. It also attracts bees and hummingbirds.

Bee balm... This herb makes a tea with a predominantly citrusy flavor — a mingling of orange and lemon.

Chamomile... The flowers of German chamomile make a better-tasting tea.

Lemon grass... This is a tropical perennial grass with a zesty lemon flavor.

Mint... Most members of this genus make good teas.

To prepare 1 cup of tea: place 3 teaspoons crushed fresh herbs or 1 teaspoon dried herbs into an infuser (a screw-top or hinged container that has pin-size holes, such as those above). Measure the cups of water into a pot, bring to a boil, then pour the water into a pre-warmed teapot. Add the infuser, then steep (and taste) until the tea is the strength you desire.

Sesame Noodle Salad

8-10 small-plate servings

PREP AND COOK TIME: About 35 minutes

NOTES: You can make this salad up to 1 day ahead; cover and chill. For best flavor, bring to room temperature before serving.

12 ounces **dried soba** (Japanese buckwheat) noodles, dried Asian wheat noodles
3 tablespoons **sesame seeds**
3 tablespoons **vegetable oil**
1/4 cup **soy sauce**
1/4 cup **rice vinegar**
1 tablespoon **sugar**
1/2 teaspoon **cayenne**
1 **red bell pepper** (8 oz.), rinsed, stemmed, seeded, and cut into thin, short slivers
3/4 cup shredded **carrots**
3/4 cup thinly sliced **green onions**
Salt



1. In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil. Add noodles, stir to separate, and cook until just tender to bite, 3 to 7 minutes. Drain and rinse well with cold water. If desired, cut noodles into shorter lengths for easier serving. Rinse and dry pan.

2. In the same pan, over medium heat, stir sesame seeds in oil until golden, 2 to 3 minutes. Remove from heat. Add soy sauce, vinegar, sugar, and cayenne; stir until blended. Add noodles and mix until well coated. Add bell pepper, carrots, and green onions; mix gently. Add salt to taste. Mound in a serving dish.

Per serving: 198 cal., 27% (54 cal.) from fat; 5.6 g protein; 6 g fat (0.8 g sat.); 31 g carbohydrates (1.9 g fiber); 419 mg sodium; 0 mg cholesterol.